



PUBLIC HEALTH RESOURCES FOR PRIMARY CARE ARTHRITIS

INTRODUCTION

Arthritis is common, disabling, and costly. Nearly 1/3 of adults in Michigan have doctor diagnosed arthritis, and it is the leading cause of disability nationwide. There are over 100 conditions that fall under term “arthritis.” While osteoarthritis is the most common form, other forms of arthritis, such as rheumatoid arthritis and fibromyalgia, can have a significant effect on people’s quality of life. The Arthritis Program at the Michigan Department of Community Health (MDCH), together with statewide partners, supports programs and strategies that can prevent some types of arthritis, slow the progression of the disease, and significantly reduce arthritis-related pain and disability.

PROGRAMS

[Personal Action Toward Health \(PATH\)](#)

Personal Action Toward Health (PATH) is Michigan’s name for the Stanford Chronic Disease Self-Management Program. It is an evidence-based self-management education program for people with any type of chronic health problem. In PATH workshops trained facilitators cover topics such as: dealing with symptoms commonly associated with chronic disease (e.g. pain, fatigue), good nutrition, physical activity, appropriate use of medications, communicating with health professionals, and how to evaluate new treatment options. Studies show that participants experienced less fatigue, pain, shortness of breath, and depression, and reported more energy, improved communication with their healthcare provider, greater confidence dealing with their condition, increased physical activity, and fewer social role limitations. PATH workshops are held in accessible community settings, 2½ hours per week for 6 weeks.

- [View a 10-minute informational video about PATH](#)
- [Search for a PATH workshop near you](#)
- [Contact a regional PATH coordinator](#)

[Enhance®Fitness](#)

Enhance®Fitness is an evidence-based group exercise program for mature adults (and is also appropriate for people with physical disabilities). Enhance®Fitness is proven to increase strength, boost activity levels and elevate mood. Certified instructors lead a one hour class that incorporates stretching, flexibility, balance, low impact aerobics, and strength training exercises. Emphasis is placed on helping participants maintain function so they can remain active and independent. Exercises can be adapted for a wide range of participant ability – from fit to frail, and instructors are trained to help participants adapt movements so that they are safe and appropriate for each individual. Enhance®Fitness is offered in Ys, churches, senior centers, senior housing complexes, and other community settings.

- [Watch a 6-minute informational video about Enhance®Fitness](#)
- [View a listing of Enhance®Fitness classes in Michigan by city/region](#)
- Classes available in: [Ann Arbor/Ypsilanti](#), [Detroit](#), [Flint](#), [Grand Rapids](#), [Kalamazoo](#), [Lansing](#), and [Marquette](#) (contact Marquette YMCA for information)

WEB RESOURCES

[Stanford Chronic Disease Self-Management Program](#)

- <http://patienteducation.stanford.edu/programs/cdsmp.html>

[MI Healthy Programs \(Michigan Arthritis Collaborative Partnership\)](#)

- <http://www.mihealthyprograms.org/>

The Michigan Arthritis Collaborative Partnership's MI Healthy Programs website offers PATH and *Enhance[®] Fitness* class listings, links to CDC Arthritis program resources and more.

[Senior Services - Project Enhance \(Seattle\)](#)

- <http://www.projectenhance.org/EnhanceFitness.aspx>

Senior Services – Project Enhance is the developer and licensing agency for *Enhance[®] Fitness*. Find more information about the program at their site, including research citations for studies demonstrating the program's effectiveness.

CONTACT INFORMATION

For more information about public health resources related to ARTHRITIS, please contact:

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